



saturday, april 11, 2015
oceanside pier amphitheater
saturday, april 25, 2015
balboa park
registration: 7:00am start: 8:00am

what: **March for Babies** is the first and most widely recognized walking event in the nation, generating over \$100 million annually for the March of Dimes. This event takes place in 1,400 communities across the nation, involving thousands of volunteers in a great day of walking to raise the money needed to save babies' lives. For over 76 years people in the San Diego community have joined together to walk to ensure moms have full-term pregnancies and babies are born healthy.



why: **Prematurity** is the leading cause of death in the first month of life. In San Diego 1 in 9 babies are born too soon (close to 4,500 each year) many whom will suffer lifelong consequences such as learning disabilities, developmental delays, blindness, chronic lung disease and cerebral palsy. The cause of 50% of premature births is still unknown and any woman - even if she has the healthiest of lifestyles - can give birth prematurely. More than 4 million babies were born last year and March of Dimes helped each and every one through research, education, vaccines and breakthroughs.

who: In its grassroots tradition, **March for Babies** joins together San Diego walkers of all ages and members of our community, including business professionals, corporate teams, family teams, students, and individual participants.

how: Register and raise money online at www.marchforbabies.org or call the San Diego March of Dimes office at 858.576.1211 to learn more about how to get your team started.

2015 march for babies chair

San Diego – Imperial County

Nick Macchione, Director, Health & Human Services Agency - County of San Diego



media sponsors



national sponsors

The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth and infant mortality through programs of research, community services, education and advocacy.



Frequently Asked Questions

Q. How many walkers do I need to make a team?

A. The more the merrier! But you can have a team of 1 or 1,000.

Q. Is there a registration fee?

A. No. We encourage all teams and walkers to set an ambitious fundraising goal. \$250 per walker is a good guideline.

Q. How do walkers get sponsors?

A. Sponsors is another word for donors. Walkers are sponsored by co-workers, friends, family, neighbors or local businesses. Most walkers get about 20 sponsors. Many companies also sponsor their walkers or provide matching gifts.

Q. Do I get a T-shirt?

A. All walkers who raise \$200 or more by March for Babies day get a T-shirt. The rest of our incentives are listed online and on the back of the walker sponsor brochures.

Q. Why urge walkers to use online fundraising (OFT)?

A. It's easy and effective! Participants who use OFT raise nearly three times as much as those who don't. Using OFT is safe and secure, eliminating the need to handle cash or checks. Plus all the record-keeping is done for you through our website.

Q. Can friends and family walk too?

A. Sure! Be sure they register on your team through www.marchforbabies.org or by calling 1-800-811-0805 so they can collect contributions too.

Q. What do I do with my money?

A. To be eligible for incentives donations need to be turned in by walk day. Your Team Captain will be collecting cash/checks on behalf of the team. Donations are turned in on *bank day* at the March of Dimes office or on walk day at registration.

Q. Should I register my infant/toddler?

A. Not necessary as they are not walkers and will not likely be fundraisers. However, sending an email in the name of your child might be a great way to connect our mission to your ask!

Q. If I can't walk, how can I help?

A. Even if you can't walk or you have to work on March for Babies day, you can still get sponsors and raise money for the March of Dimes. Another good way to help is to sponsor someone who is walking.

Q. How far is the March for Babies route?

A. About 3.5 miles.

Q. What should I wear?

A. Be comfortable. Loose-fitting clothes (in layers to accommodate temperature changes), comfortable socks and walking or tennis shoes.

Q. Will food be served?

A. Yes. Coffee, fruit and pastries are available before the walk. There will be fun for the entire family. Plan to stick around and enjoy the festivities.

Q. Can I ride my bike?

A. No. For the safety of all our walkers, please leave your "wheels" at home. This also includes roller skates, skateboards and rollerblades.

Q. Are strollers allowed?

A. Yes, this is a family friendly event.

Q. Can I run the route?

A. Sure. Keep in mind it is not a timed event. Also, if you run, you may get back before refreshments are ready.

Q. Can I bring my dog?

A. We do not prohibit dogs, but do not recommend it as the walk route can get crowded and there are a lot of young children.

Q. Where do I park?

A. Because parking information depends on which of our two walk sites you choose to attend, please contact our office at 858-576-1211 for more information.

Q. Can I smoke at the event?

A. No. There is no smoking allowed at March of Dimes events because of the hazards that secondhand smoke poses to the health of pregnant women and children.

Contact the March of Dimes

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